

Frisco Rowing Center (FRC) at Lake Dillon

RULES AND GUIDELINES

Introduction

These FRC Rules provide the rules, guidelines and safety policies for rowers to keep members safe and to keep our equipment in proper working order. All club members, and guest rowers are required to follow these rules.

In all cases, common sense prevails.

FRC members who do not follow rules and policies risk having their rowing privileges suspended by the Board.

Member Rules

Current members. Current members of the Frisco Rowing Center are entitled to use FRC facilities and equipment. Current members must:

- Pay this year's membership fees
- Complete an application
- Sign waiver forms
- Follow all FRC policies, rules and guidelines
- Demonstrate that they:
 - Know boating safety rules
 - Have passed the captain's test (unless a coaching launch is nearby)
 - Can pass the swim/flip test. This test, while separate from the Captain's test, is not mandatory, but highly recommended. This test is conducted frequently from time to time during the season. If you cannot get back into the boat, then you should climb on top of the upturned boat and swim with the boat to shore.

Youth rowers. Youth members (under age 18) may use FRC boats and equipment *only* when under the direct supervision of a coach or designated adult. or parent. Rowers under 18 who want to use their own boats and equipment without the level of supervision described here can do so if their parents or legal guardians agree to it in writing and absolve FRC of all liability

Guest rowers. Guests may use FRC boats depending on their ability and experience. This is to be determined by the coach or boat captain. The guest must follow club rules and traffic patterns.

Safety

Safety is always paramount!

Listen to the individual in charge, whether it be an individual rower, a coach, boat captain, or bow person. Anyone observing an unsafe condition should speak up. **Use Common sense!!!**
Safety and Traffic Pattern. Unless prohibited by weather follow the traffic pattern on the map.

- A map of the traffic pattern is located in our tent. The traffic pattern is our number one safety rule to prevent collisions. Please know the pattern and stay safe.

- Be aware of your surroundings: FRC shares the water and docks with a lot of beginner boaters, kayakers, stand up paddlers and vacationers who have rented boats from the Marina. They may be unaware that we cannot see where we are going at all times and move quickly.

Weather Precautions

- **Lightning:** DO NOT row during storms involving lightning. If you can see lightning, even at what seems to be quite a distance, DO NOT LAUNCH. If you spot lightning while on the water, HEAD BACK TO the marina IMMEDIATELY. If it starts to storm before you get back, pull into the nearest shore and wait it out.
- **Wind.** The wind is one of our major weather hazards. Early morning hours tend to be calm, with the wind tending to increase midmorning. The wind can come up quickly and often without much warning. Check wind projections at this website: http://www.windfinder.com/forecast/dillon_reservoir?mode=webcam
- **Sun.** The sun is almost always stronger than you think. Protect yourself with sunscreen. Wear a hat or visor and sunglasses. Take a bottle of water with you (and drink it!)
- **Cold Water. Our lake is very cold early season. Get out of the water asap if you flip.** Hypothermia can set in quickly. Be aware of the dangers of cold water immersion and symptoms of Hypothermia.
- **Other Hazards on the Lake:** include but is not limited to buoys, rocky shallows and shorelines, floating debris (especially in the spring), wake from speed boats, and other watercraft.

Rowing Guidelines

- **Boat reservations.** Members can only reserve club boats 3 times in the same week, 2 weeks in advance. Members must check the sheet (online or in the reservation sheet printed daily) to see if anyone else has that boat reserved. You can row any boat that is not reserved or any boat that has not been taken 15 min after the sign up time.
- **Log book.** FRC maintains a monitored logbook to keep track of members on the lake, to convey lake conditions to fellow rowers, and to note problems with boats. All rowers, including private boat owners, must **log out** each time they row and **log in** when they return.
- **Personal Flotation Devices (PFD).** For safety, wear a personal flotation device or have one on board each time you row. FRC-owned life vests can be worn comfortably while rowing.
- **Buddy up** and help each other for safety. All rowers are encouraged to row in pairs or groups. We can provide names of people you can join up with. Help each other carry boats. Less damage occurs when a person is on both ends of the boat.
- **Carry a cell phone** in a waterproof case. If you get into trouble or see anyone else in trouble call 911 to alert the sheriff.

Equipment

Shell Selection. FRC has available a variety of single shells and multiple seat shells for member use. Some are appropriate for beginners, others for intermediate level rowers, still others for more advanced rowers or racers. *Row only the classes of shells that are suitable for your ability level.* If you are unsure about which shells are best for you, consult a coach.

Shell Storage. Always return your boat and oars to the **same rack and marked rack space** you removed them from. **Be sure to tie the boat down.** If it is windy tie the boat down before you even walk over to get rags to wipe them down. We have had boats fly of racks that weren't tied down.

Peinerts. The Peinerts # 1 and #2 are rigged for shorter people, 3 and 4 for medium-sized people and 5 and 6 and 7 for taller people. We also have the Ace in the yellow cover which is between the Maas 24 and Peinerts as far as stability. If you change the oarlock heights by moving return them to the original spacing.

Team Boats. All rowers are responsible for crew safety, but the bow person is ultimately responsible. Stop, look when you are in high traffic areas. Only experienced, approved members may bow a team boat. This is determined by the boat captain and coaches. Members may apply for bow certification.

Oars are set to an average inboard/ outboard ratio. Members may not adjust club oars.

Accidents and Damage to Boats. Follow carefully these rules:

All rowers using a boat when an accident or damage to a boat occurs must immediately

- Complete an incident report located in the back of the log book.
- Mark the damaged boat (tag in podium)
- Contact boat captain or club president.

Transporting boats. Any member wanting to transport an FRC boat to a regatta or other rowing location must obtain prior permission from the board.

Launch use. Only members designated by the board may operate FRC coaching launches and only for official activities.

Communication: All communication with the Marina, governmental departments, and law enforcement agencies will be conducted by the FRC President. Members that see any issues impacting FRC operations should contact the President or board members.